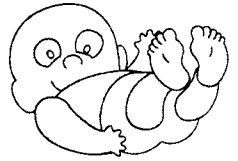


# YOUR NEWBORN TO 1 MONTH OLD

## POINTS TO REMEMBER



### SAFETY

- ♥ ALWAYS WASH your hands before preparing food, after changing diapers, or using the bathroom to prevent your baby from getting infections.
- ♥ ALWAYS PLACE your baby on his/her BACK TO SLEEP, unless instructed not to do so by your health-care provider.
- ♥ ELIMINATE tobacco smoke in your infant's environment (daycare, babysitter, relative, etc). Make your home and car a no-smoking zone.
- ♥ ALWAYS use an infant seat and BUCKLE your baby in the seat correctly. Place the infant seat in the back seat, facing the rear of the car.
- ♥ AVOID overheating your baby by dressing him/her with TOO MANY clothes or APPLYING too many blankets.
- ♥ NEVER leave your baby UNATTENDED in a vehicle. NEVER leave your baby alone with a pet or other young children.
- ♥ TAKE your baby to a health-care provider's office for REGULAR well childcare and immunizations.
- ♥ EARLY SIGNS that your baby may be ill are fever, vomiting, diarrhea, or failure to eat. If your baby has any of these signs, he/she needs to be TAKEN to your health-care provider for evaluation and treatment.
- ♥ INSTALL smoke detectors in your home. CHANGE the batteries twice a year in the spring and fall when the time changes.
- ♥ DON'T ALLOW your baby to ride in vehicles if you suspect the driver has been using alcohol or drugs. NEVER ALLOW anyone who is drinking or using drugs to baby sit with your baby.
- ♥ DON'T leave your baby alone in a tub of water, or on high places (i.e. changing tables, beds, sofas, or chairs). ALWAYS keep one hand on your baby.
- ♥ DON'T drink hot liquids or smoke cigarettes while holding your baby.

### NUTRITION

- ♥ BREAST-FEED your baby, if possible, for at least 6-12 months.
- ♥ IF YOU ARE BOTTLE FEEDING your baby, feed your baby iron-fortified formula. Do not heat your baby's bottle in a microwave.
- ♥ DON'T feed your baby by PROPPING a bottle in his/her mouth.
- ♥ DON'T feed your baby solid foods, honey, or put cereal in a bottle.
- ♥ EXPECT your baby to gain 2 pounds the first month.
- ♥ ASK your health care provider about the WIC program.

## **CARE and INTERACTIONS**

- ♥ **NURTURE** your baby by holding, cuddling, talking, singing, and rocking him/her.
- ♥ Spend time **PLAYING** and **TALKING** with your baby during his/her quiet/alert times.
- ♥ When your baby cries, he/she can usually be **CALMED DOWN** by being spoken to or held. There may be times when you will not be able to stop your baby from crying no matter what you do (have patience, after some time, he/she will calm down).
- ♥ Your baby should be soiling, (**WETTING**), 6 to 8 diapers a day.
- ♥ **TAKE TIME** for yourself and spend some individual time with your partner, friends and family members. **AVOID** socially isolating yourself.

## **GROWTH AND DEVELOPMENT**

The following milestones are typical for babies as they develop.

### **A 1 MONTH OLD CHILD**

- ♥ **MOVES** both arms and legs.
- ♥ **RESPONDS** to sounds by blinking, crying, or startled movements.
- ♥ **LIFTS** head for short time when on stomach.
- ♥ **LOOKS** at faces and follows movements with eyes.
- ♥ **MAKES** throaty noises.

Reference: Maternal and Child Health Bureau, *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, National Center for Education in Maternal and Child Health, 1994, Arlington, VA.